

Typical Amounts of Trans Fat in Store-Bought and Restaurant Foods		
All of These Foods Are Also Available With 0 Grams Trans Fat		
Food	Serving Size	Grams of Trans Fat
French fries (fast food) 	Medium (5 oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Microwave popcorn 	1 bag (3½ oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Doughnut (glazed) 	1 average size	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Pound cake	1 slice (3 oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Vegetable shortening	1 tablespoon	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Chicken nuggets (fast food) 	5 small nuggets	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Frozen apple pie	1 slice	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Margarine (stick) 	1 tablespoon	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Potato chips 	Small bag (1½ oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Candy bar 	1 bar (1½ oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Muffin (Commercial bakery) 	1 small (3 oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Cheese crackers (filled) 	6 (1 oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Tortilla chips (corn)	Small bag (1½ oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Cookies 	3 cookies (1 oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Salad dressing (ranch)	2 tablespoons	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
White hamburger buns 	1 bun (average)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Margarine (tub) 	1 tablespoon	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Granola bar	1 bar (1½ oz.)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Pizza 	1 slice (average)	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>



Choose Foods With 0 Grams Trans Fat



Source: Adapted with permission for County of Los Angeles Department of Public Health from: Choose Foods With 0 Grams Trans Fat: Your heart will thank you (and you won't taste the difference). #43 in a series of Health Bulletins on issues of pressing interest to all New Yorkers. Volume 5, Number 9. New York City Department of Health and Mental Hygiene, 2007. Available at: www.nyc.gov/health.



Health Bulletin

County of Los Angeles Department of Public Health

Choose Foods With 0 Grams Trans Fat

Your heart will thank you
(AND YOU WON'T TASTE THE DIFFERENCE)



Foods can be made without trans fat. Always read labels.

- There are good fats and bad fats. Trans fat is the *most dangerous* – even worse than saturated fat.
- Trans fat increases your risk of heart disease by raising “bad” (LDL) cholesterol and lowering “good” (HDL) cholesterol.
- Trans fat is found in “partially hydrogenated” vegetable oils and shortening and in many packaged and restaurant foods.
- Cutting trans fat out of your diet is getting easier. Food tastes just as good without it. But your *heart* knows the difference!

Many Store-Bought and Restaurant Foods Contain Trans Fat

- Trans fat is found in many packaged foods, including:
 - Baked goods (cookies, crackers, cakes, pies, muffins, and some breads, such as hamburger buns).
 - Pre-mixed products (cake, pancake, and chocolate drink mix; pizza dough).
 - Margarine (especially stick margarine) and vegetable shortening
 - Deep-fried and pre-fried foods (doughnuts, French fries, fried chicken, fish sticks, chicken nuggets, taco shells).
 - Snack foods (potato, corn, and tortilla chips; candy; packaged or microwave popcorn).
- All of these foods are available with 0 grams trans fat. Always read labels.
- Many restaurants use trans fat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	

Always Read Food Labels

- Choose foods with 0 grams trans fat.
- **Nutrition Facts** labels on packaged foods now list trans fat content.



How to Cut Trans Fat

Make Your Own Meals

- Making your own meals helps you control the type and amount of fats you eat.
- Regular vegetable oils (such as olive, canola, corn, soybean, safflower, and sunflower oils) have no trans fat.
- Most natural oils are high in GOOD (unsaturated) fats. In moderation, they protect your heart (see chart).





Choose Wisely When Eating Out

- Avoid deep-fried foods. They often contain trans fat.
- Eat less fast food.
- Go to www.lapublichealth.org to find food facilities that serve 0 grams trans fat.

Eat a Heart-Healthy Diet

Eat a diet high in fruits, vegetables and whole grains, low in sodium and saturated fat, and without added sugars (and no trans fat).



	GOOD Fats Lower your risk of heart disease		BAD Fats Increase your risk of heart disease	
Type of Fat	Monounsaturated	Polyunsaturated	Saturated	Trans*
Where It's Usually Found	<ul style="list-style-type: none">• Olives• Olive and canola oils• Cashews, almonds, peanuts, and most other nuts• Avocados 	<ul style="list-style-type: none">• Corn, soybean, safflower, sunflower, and cottonseed oils• Fish and seafood 	<ul style="list-style-type: none">• Whole milk, butter, cheese, and ice cream• Lard and suet• Meat (beef, pork, bacon, sausage, and deli meats have the most)• Chicken and other poultry have less, especially with the skin removed• Chocolate and cocoa butter• Palm oil• Coconut products, including milk and oil 	<ul style="list-style-type: none">• Partially hydrogenated vegetable oil• Many margarines and shortenings• Many deep-fried foods• Many fast foods• Many store-bought baked goods 
Effect on Cholesterol Levels <small>(LDL is 'bad' and HDL is 'good' cholesterol)</small>	<ul style="list-style-type: none">• Lowers LDL• Raises HDL	<ul style="list-style-type: none">• Lowers LDL• Raises HDL	<ul style="list-style-type: none">• Raises LDL• Raises HDL	<ul style="list-style-type: none">• Raises LDL• Lowers HDL

Look for brands that use oils that are not "partially hydrogenated."

* Foods that contain trans fat can be made with oils without trans fatALWAYS READ LABELS.

More Information

- Visit www.lapublichealth.org for more information about trans fats.
- U.S. Food and Drug Administration: www.fda.gov and search "trans fat" or call 1-888-463-6332
- American Heart Association: www.americanheart.org and search "trans fat" or call 1-800-AHA-USA-1 (1-800-242-8721)